



your squash forum

Issue five

May 2018

Editor - **Tony Broomfield**

ENGLAND SQUASH TRAINING NOW USES THE PILLOW AS A TRAINING AID!

On Saturday, the 7th of April, I went to the National Squash Centre to train extremely hard, learn a lot of new things and have an amazing experience. For two days, I got to train with some fantastic England coaches in the national squash centre - **I had a blast!**

First off, we worked on drops and covered the areas of the court where we might play them from; we played conditioned games like front game however you could only hit it into the diagonal back quarter with a lob. Then, we did some core work in the gym such as plank or scissor kicks for 30 seconds or 1 minute.

After an extremely healthy lunch, we had a nutritional talk which was really useful and made me more aware of the food I need to be eating. In the afternoon, we did games and a lot of running - if you made a mistake, you would have to do **10 court sprints** or there were mini tournaments and if you came last, you would have to do **100 court sprints**.

During a bit of down time in the hotel, me and my roommate watched the Manchester derby football match and had an intense pillow fight!

On Sunday, we had a full day of hard work again, circuits, winner stays on; I got a lot out of the weekend and over all had a great time with some of my friends. **I hope to do this again and it was definitely worth all the hard work.**

Article by our roving reporter **Francesca Hall**.



feedback by Simon Hall

I spoke to the England coaches and the feedback was very positive - the areas identified for Fran to work:

- Alter her grip slightly so that it less in her palm and more in her fingers for better control and to give her more options and range
- Play through the ball to give more power to the shot and also better balance/ movement coming out of the shot in readiness for next shot
- Take the ball lower, lunge down and return out of the shot. Whilst she is fast, this upright position does not lend itself to rapid, well balanced backward movement out of the shot in preparation for the next position.

Sound advice I thought.

Nothing that we didn't already know but it was good to better understand the reasons why she needs to improve in these areas - Simon.

Good points for all players to take on board, all techniques currently taught to Fran and all players at Olcote, but good to be reinforced by England coaches - Coach B.

Editor's review

A busy month for matches, tournaments and training events. Many of our players making a name for themselves and impressing coaches and organisers alike.

We have new young players of all ages showing great promise and established members beginning to show more of their potential.

There is a good vibe in the Academy at the moment, producing a great competitive and social atmosphere.

On the negative side we have lost a few players to relocation, injuries, pressure of school work, etc., but hopefully, with the skills and friendships they have acquired, they will continue in later years and even return as coaches or great players



congratulations to James Willstrop
Commonwealth GOLD
Sarah-Jane Perry
Commonwealth SILVER
Daryl Selby & Adrian Waller
Commonwealth SILVER
and James Willstrop & Declan James
Commonwealth BRONZE

more exciting articles - on page 2

look out for - top coaching tips on p3

forum - is published monthly - please send your articles to the editor



Message from the head coach

A question I get asked a lot by parents is:

Do you think my child is any good?

A difficult question to answer.

Broadly speaking, there are three types of squash players:



1

The slow burners: those who initially struggle but through a mix of determination and good coaching steadily improve and become reasonable life long players.

2

The steady burners: those who pick up the game quickly play initially at a lower level but steadily improve and with frequent coaching, hard work and parental encouragement they can compete at a reasonably high level and play for life.

3

The fast burners: those that wow us initially with their skills and athleticism but ultimately either burn them themselves out or with an understanding coach and supportive parents flourish and become high achievers often representing their country and becoming professional players.

NB

Just to make matters more confusing, players as they develop can change groups according to their genetic gifts, parental support and personality.

As parents we must recognise which group our child sits in and decide how much time one is willing to devote to their development because ultimately it is not just coaching or athletic ability that wins tournaments and gives longevity within squash:

- It is also significant parental support.
- The willingness to be the chauffeur, the dogsbody, the one who sits quietly and watches your child self destruct on court and keeps a lid on their emotions.
- The one who gets blamed for not supporting enough or supporting too much or being an embarrassment or looking at them 'in a funny way'. It's as much a learning experience for us as parents as it is for the child on court.

One thing is certain:

The parents who have a slow or a steady burner have a much easier life compared to those who have a fast burner.

So to bring it back to the initial question:

Do you think my child is any good?

Answer: We can coach anyone and turn them into a decent squash player, anything extra is up to the amount of hard work they are willing to put in and how much parents are able to support.

KidzKorner

"The youngest members of our Academy are progressing really well and having become familiar with the format of our weekly sessions are starting to demonstrate skills well above those expected for their age. This month, we were delighted to be able to present Lydia with her first certificate of achievement. Some of the children will soon be ready to move on to our beginners session, so we are always on the lookout for new recruits aged between 3 and 5 to come and join the fun.

Happy Friday!!!"

“ starting to demonstrate skills well above those expected for their age. ”

Mrs Martin



i.e.

coaching
+ hard work
+ parental support
= **excellence**

Coach Martin

Have you got a story to share?



more informative stuff - on page 3

forum - is published monthly - please send your articles to the editor



Preparing for and playing

get your racket up above the ball and open your racket face more



the Drop Volley

Coaching tip of the month

This shot is a **volley** played into the front corners at a slow pace. It is really a **drop shot** played before the ball bounces. It can be used both as a **serve return** and also to make use of the front court area during the rally. It can be played straight but also can be a lethal shot when played **cross-court** giving you have a good angle for hitting the nick. The **drop volley** is a very effective way of increasing the pressure on your opponent when you are on the **T**, using it to attack loose shots and force your opponent to do a lot of running.

A **straight drop volley** should be played to stay tight to the side wall or even hit the nick, the advantage over the **cross-court drop volley** is that the **straight drop volley** will stay tight when played well and so it will prove to be difficult to retrieve even if hit slightly too hard. Whereas a **cross-court drop volley** can bounce up more. It also has the advantage of being a reliable way to intercept a **straight drive**, even if it is fairly tight, whereas the **cross-court drop volley** usually needs a looser shot from your opponent to be a realistic shot option.

Four quick steps to play a good drop volley:

Face the front corners – when playing a **drop volley**, try to step towards the front corner. This helps create a good angle for hitting your **drop volley** tight to the wall or to go for the nick.

Open racket face – you should open the racket face a little bit more to give you more cut on the ball.

High to low swing – Get your racket up above the ball so that you can easily execute a swing to bring the ball down low.

Long & slow follow through – make contact with the **drop volley**, guide the ball into the corner with a long follow-through. The contact between the ball and your strings should be long and smooth. Like with a drop shot, your follow through should also be slowing the ball down.

The psychology of squash

One of the hardest things to take is criticism – of yourself or other people – especially when it is justified. The fear of failure and actually admitting failure is counter to so many defence mechanisms we have and are needed to achieve success in sport.

Be fully open to any constructive criticism during training periods but then fully focus on your strengths in the build-up to matchplay.

Thinking of areas you could improve between matches but don't let any negative thoughts penetrate during those periods. Even if you did something negative such as eat the wrong food, not stretch or something else perceived detrimental to playing your best squash, turn it into a positive action to increase your confidence.

Analyse your game and make decisions on what and how to improve:

- break everything down to achieve those changes
- build up those newly changed areas to a level where they could be incorporated into game play

- go into gameplay mode when your game plan was set around your own understanding of your abilities.

By being able to accept criticism and be honest about your abilities and, therefore, your failings as a player then it will be the main reason you succeed.

Leave your ego at the door of the court, accept yourself as the player you are. Only then can you make basic changes to improve your game without any baggage that will only be making those changes harder along the way and maybe even impossible.

To end on a positive note, the feeling of adapting a technique or movement and then having that moment of triumph is so enjoyable. So, accept from others (and give yourself) some constructive criticism at the next appropriate moment in your squash life and then follow through by working on improving that area with clarity and purpose.

It's 100% worth the effort!

leave your ego at the door



Eat a rainbow!

In such a physically challenging game as squash, it is vital that players who are serious about training to improve their skills and sport-specific conditioning take the time to consider the importance of their dietary choices.

Healthy eating is vital for supporting the body's physiological processes and helping to repair the joints and muscles exposed to such high volumes of physical stress.

There are a wide range of different vitamins and minerals that we need to take in through our diet for optimal functioning. With so many varieties of fruit and veg staring back at us from the supermarket shelves however, it can be difficult to know where to start in terms of appropriate choices to hit all of the bases.

This is where the concept of 'eating the rainbow' comes in.

Endeavouring to include a wide intake from all of the different colour categories in your food choices is a great way to help ensure that you are getting the greatest range of nutrients.

Eating a range of fruits of different hues, and making salads with as many different colours contained in each serving as possible is the perfect way to cover all of the bases.

Quality whole-food selections should be the base of any healthy diet, and the nutritional choices you make will go a long way to making sure that your body is receiving all of the vitamins & minerals and innate goodness necessary to play and compete at your highest physical level.

Give yourself an immediate advantage by 'eating a rainbow' every day!



more great stuff - on page 4

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read more about this article

[squashskills.com/blog/-/](http://squashskills.com/blog/-/healthy-nutrition-for-the-squash-player-eat-a-rainbow-156/)

healthy-nutrition-for-the-squash-player-eat-a-rainbow-156/



Local training and competition

HUMBER JUNIOR SQUASH ACADEMY TRAINING/SUPER SERIES event one



The first combined Humber Junior Squash Academy/Super Series took place on Saturday 7 April at the University of Hull.

The morning's academy training session focused on the theme 'attacking the space' and was led by HJSA coaches Adam Toes & Andy Cockerill and supported by junior leaders Zac Toes & Lexie Ogram.

19 players from Olcote, Beverley, David Lloyd, The University of Hull and Bridlington enjoyed learning technical elements of the game whilst focussing on the tactical element of court awareness.

Adam Toes (Head HJSA Coach) said "It was great to see an improvement in the majority of players since I last saw them and hopefully all players have picked up something new to work on in order to develop their game further when back with their club coaches."

A special mention goes to Charlie Samuel (Olcote) who was presented with a trophy for the substantial improvement in his game since the Eon Humber Closed in December 2017.

The afternoon saw the newly launched Super Series (1 of 3 events) which compromised of match play amongst players with a view to implementing the morning's coaching theme into games.

SUPER SERIES LEADERBOARD after event one

BEN FLOWER	100
LOUIE MANKEL	95
TOM SMITH	90
LEXIE OGRAM	85
LUCAS HALL	80
FINLAY MARTIN	75
LEVI MELARKEY	70
BOB GITTINS	65
JACK WALKER	60
ADAM HOULDRIDGE	55
CHARLIE SAMUEL	50
CHARLIE BENSON	45
WILL D'ARCY	40
ADAM FEETHAM	35
MATTY McCANN	30
OLLY SAMUEL	25
DOUGGIE LOWE	20
IZZY FLOWER	15

The next HJSA Training/ Super Series will take place on Saturday 2 June 2018.

For more information on HJSA please log onto www.hjsa.org or follow us on social media

There will be a discounted price of £10 if you wish to access both the Academy Training & The HJSA Super Series

NEXT EVENT

Saturday 2 June @ Hull University
1.00pm - 4.00 noon - Cost £7.50

This is chance to play other local juniors over a 3 series event and gain ranking points (other dates inc **Sat 20 Oct**). Prizes will be awarded for the overall winners of each age group over the 3 events.

For more information please contact,

Andy Cockerill on 07958 306111 or email at acockerill@hjsa.org

more info and help - on page 5

forum - is published monthly - please send your articles to the editor

HJSA Super Series
www.hjsa.org/ranking.php



Match preparation

the 5 minute knock up

Before any squash match starts both players are given **2.5 minutes** on their forehand and **2.5 minutes** on their backhand to warm up the ball and size up their opponent.

Notice I do not state the 5 minutes is to physically warm up the players.

Smart players are already warm and match ready to play by the time they enter the court.

Their pulse rate is already up and they are **buzzing** and ready to play.

What you learn in the 5 minute knock up can determine whether you **win or lose**.

A clever player will use the knock up to feed balls to their opponent to test their defences in all areas of the court.

The player who just blindly hits the ball during the knock up without a plan is a **complete numpty** and is missing a big trick.

You should test how opponents respond to high shots, low shots, hard shots and soft shots to the front and the back on both sides.

From this information you should **construct a plan** of the opponents weaknesses and strengths.

This is vitally important when playing an unknown adversary.

If your opponent is smart, they are trying to formulate their own plan of how to best play you.

remember:
Always play to your opponents weaknesses.

Quote of the month

"I told you I was good"
Grace Patrick age 6

'This is poor court etiquette and is always frowned upon.'



photos by Coach Broomfield

'assess their weaknesses and strengths.'

Smart players are already warm



"wotz yer best shot"



Rules of the knock up

Very important - Share the knock up, I prefer to give my opponents more shots than they give me so that I can assess their weaknesses and strengths.

The player who just hits 10 shots to himself and only then hits across to his opponent is being disrespectful to his opponent and learning nothing. This is poor court etiquette and is always frowned upon.

Keep your eyes on the opponent at all times whilst they are hitting. Watch their movement as well as their shots.

Always move to the T during the knock up, this makes a statement of intent and domination to your opponent and also gets you into the match mind set much quicker.

When the 5 minute knock up is over and you are either serving or receiving, you should be ready for battle, pulse raised, on your toes, eyes on your opponent and ready to execute your plan.

Report by Coach Martin



more info and results - on page 6

forum - is published monthly - please send your articles to the editor



Local and international competitions

Fantastic effort from our local players

Appleby Frodingham Copper Event

Scunthorpe Saturday 21st April

50 players converged on Scunthorpe to contest this **Copper** event which turned out to be better attended than most Bronze events.

First matches were 9.30, last matches were 5.30

Good day had by all, results opposite.

Under 11 Girls

Sophie Hebb 6th

Under 11 boys

Jack Walker 6th
Olly Samuel 8th
James Hebb 11th

Under 15 girls

Lexi Ogram 1st
Laura Wood 2nd

Under 15 boys

Josh Milnes 3rd
Levi Melarkey 6th

Under 13 boys

Tom Smith 3rd
Finlay Martin 4th
Charlie Samuel 7th
Charlie Benson 8th
Lucas Hall 9th
Jack Morton Gibson 10th
Bob Gittins 12th
Adam Houldridge 13th
Matty McCann 14th
Adam Feetham 15th

Under 17 boys

Seth Whitehurst 2nd

British Open returns to Hull May 13 - 20th



Tickets for the iconic 2018 Allam British Open – the oldest and most established tournament on the PSA World Tour calendar – have officially gone on sale.

On the same level as Wimbledon is to tennis, the Open will return to Hull for a sixth successive year between May 13-20 when the world's best players, such as defending champions Gregory Gaultier and Laura Massaro, will line up at the Airco Arena with the hopes of lifting the iconic title.

With the PSA World Tour more competitive than ever before, 2018 promises to be one of the most enthralling British Opens ever.

Qualification for the tournament takes place between May 13-14 at the University of Hull – with the University also hosting selected matches from the main draw on May 15. The Airco Arena will host main draw matches on the all-glass showcourt from May 15-20, with all matches from round two onwards (May 16-20) being held there.

Tickets prices start from £10 to £50 per session as the week progresses, full day tickets are also available.

Find your tickets here www.ticketmaster.co.uk/promo/07uqup or pay on the day on the door.

University sessions **free**.

Go along, support and see the best players in the world compete for the glittering prizes, be inspired.

more useful information- on page 7

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up and coming events

Join in

enjoy life



ACTIVE COAST

For more information
contact Adam Toes or visit
www.ActiveCoast.org

The Active Coast programme aims to provide opportunities to get active, be healthy and enjoy life on the East Yorkshire coast and is divided into the following three themes:

Explore - Out and about on the East Yorkshire coast
Join In - Take part in an exciting programme of events and activities
Enjoy - Experience high quality sport and cultural events

get active

Centred around the vibrant and active coastal towns of Bridlington, Hornsea and Withernsea the programme offers something for all ages.

So why not join us and celebrate East Yorkshire's active and vibrant beaches, promenades and open spaces! To find out more information click on the explore, join in, enjoy and partner icons.



be healthy

explore

enjoy & watch

after squash get out and about and enjoy life with your family

CALLING ALL PARENTS

Thursday nights 7pm coaching
session is just for you.

Beginners to more seasoned individuals will be put through their paces to learn the routines that we practice with their children.

They can then go on court with their children to play, coach and improve together.

Pete Bloor's
FULL RACKET
STRINGING
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sweetspot
performance stringing

- fast turnaround
 - all types of rackets strung
 - variety of quality strings, top names
 - competitive prices
 - best advice given
 - large letterbox
 - UKRSA qualified
- contact Pete on **07782 146352**
or email **pete.bloor@gmail.com**

Please send in your stories, results and ideas/thoughts

Qualified **Olcote** coaches and other contacts

Kenny Martin **07751 894240**
Tony Broomfield **07837 681952**
Lisa Martin
Pete Bloor **07782 146352**
Nathan Kaiser

Chris Bowlas
Iain Taylor
Brad Smith
Satarra Thaker

Total Fitness 01482 670900

Ferriby Squash Club www.ferribysquash.com

England Squash www.englandsquashandracketball.com

Humber Junior Squash Academy www.hjsa.org

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Squash Academy

ENGLAND
squash



contact the editor

tony Broomfield on **07837 681952** or
email content to tonecoach@broomf.karoo.co.uk